

STUDIO 2

MORNING

MID-DAY

EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00am Fluid Power Yoga [Ashley]	6:00-7:00am YOGA [Linda]		9:00-10:00am Pilates [Ester]	6:30am Health Related Fitness [Greta] (med release needed)	
11:00-12:00pm Core Flex [Mary]	9:00-10:00am Pilates [Ester]			11:30 – 12:15pm Interval Training [Jen]	
12:00-1:00pm Tae-Kwon-Do [Bryan]		12:00-1:00pm Tae-Kwon-Do [Brian]	12:00-1 :00pm Mat Pilates [Patricia]		
4:00-5:00pm Exercise for Life [Cinda]	4:30-5:15pm Belly Dancing [Olga]	4:00-5:00pm Exercise for Life [Cinda]	4:30-5:15pm Yoga—all levels [Olga]	5:00-6:00pm YOGA [Linda]	
5:00-6:00pm Simply Stretching [Patricia R.]	5:15-6:15pm Pilates [Ester]	5:00-6:00 Yoga [Linda]	5:15-6:15pm Pilates [Jim]	<div> <p>**Schedule subject to change without notice.</p> <p>***Online Schedule can be found at www.starport.jsc.nasa.gov</p> <p>**Instructors are Group Exercise and CPR/AED certified</p> </div>	
6:00 – 7:00pm Step [Chris]	6:15-7:15pm Tae-Kwon-Do [Bryan]	6:00–7:00pm Step [Chris]	6:15-7:15 pm Tae-Kwon-Do [Brian]		